

Patient Information



Name _____ Birthdate _____

Address _____ City/State _____

Phone Number _____ Email _____

Date _____

Choose Your Program: Option 1 \$200 Option 2 \$350

Prices subject to change.

REQUIRED INFORMATION

Please check one of the following:

- Patient is cleared for unsupervised exercise
- Patient is cleared only for water exercise
- Patient is cleared for exercise under the following conditions

Diagnosis: _____

Restrictions: _____

Recommended Exercise Prescription:

- Cardiovascular Conditioning
- Strength Training
- Aquatic Exercise
- Progressive increase in training at the discretion of the trainer
- Do not exceed age predicated maximum heart rate
- Increase duration and intensity of workout
- Lose Weight
- Nutrition Counseling
- Improve Flexibility

HEALTHCARE PROVIDER INFORMATION

Name _____

Street Address/ City/State/ZIP _____

Phone/Fax _____

Email _____

Date _____

This form can be emailed to our Briarcliff location at bradvvisor@clubfit.com
 —OR—
 our Jefferson Valley location at jvadvisor@clubfit.com

PLEASE STAMP





ABOUT HEALTHY RX

Healthy RX is a guided and caring program in a state-of-the art facility. Our program includes access to our entire facility and can be adapted to meet almost any need.

Club Fit has warm temperature pools, extensive group fitness class offerings for all levels, low impact resistance weight training circuits, professional fitness staff, nutrition counseling, tennis, and spa services.

Your individual program recommendation can be any combination of strength training, group classes, cardio time, stretching or aquatics workouts.

TWO PERSONALIZED PACKAGES AVAILABLE

Option 1:

3 months of membership plus:
1 personalized orientation which includes a custom workout plan designed for 12 weeks of exercise
\$200

Option 2:

3 months of membership plus:
1 personalized orientation which includes a custom workout plan designed for 12 weeks of exercise
3 30-minute personal training sessions to evaluate your progress
\$350

Prices subject to change. New members only. Must not have been a member in the last 18 months. No additional enrollment



My highest recommendation!

The HealthyRx program is a unique resource for anyone looking to improve their health and wellness. The Club Fit staff works with skill and patience so that each individual can proceed at their own pace. I have referred dozens of patients to the program and all rave about the experience.

Franklin H. Zimmerman, MD FACC FAACVPR
Senior Attending Cardiologist and
Director of Cardiac Rehabilitation
Phelps Memorial Hospital



NOW'S THE TIME...

Boost Immunity • Build Resilience Protect Your Health & Well-Being

This 90 day physician-referred exercise program is specifically designed to help ease patients into exercising and help successfully integrate regular exercise into their lifestyle. Clients will receive personalized attention from dedicated fitness professionals in order to establish fitness and lifestyle changes and goal setting.

For the best results, we recommend you complete two sessions each week over a 90 day period.

For more information visit www.clubfit.com/healthy-rx

Briarcliff | 584 North State Road
914.250.2134 | bradvisor@clubfit.com

Jefferson Valley | 600 Bank Road
914.250.2750 | jvadvisor@clubfit.com